

Sample from a typical schedule from COPRAS prevention health program:

Serial	Time	Activity	Who	Topic/Test	Comments
1	14:00-20:00	Admin	COPRAS		Booklets handed out

2	14:00-15:00	VS	Nurse		Booklet data
		Physical	Nurse		Booklet data
A	14:00-14:15	Presentation	Nurse	Heart Disease	
	14:15-14:30	Open Table	Nurse	Heart Disease	Q&A
B	14:30-14:45	Presentation	Nurse	STI	
	14:45-15:00	Open Table	Nurse	STI	Q&A

5	18:30-20:00	VS	Nurse		Booklet data
		Physical	Nurse		Booklet data
A	18:30-18:45	Presentation	Dietician	Nutrition & Fitness	
	18:45-19:00	Open Table	Dietician	Nutrition & Fitness	Q&A
B	19:00-19:15	Presentation	Nurse	Diabetes	
	19:15-19:30	Open Table	Nurse	Diabetes	Q&A